



MED GROUP SCOOP

BEALE AFB, CALIFORNIA

9th Medical Group

October 2012

Love Doesn't Hurt: October is Domestic Violence Awareness Month Contributed by Esther Almas

Domestic Violence crosses all racial, gender and demographic lines.

The following are a few known facts about violence:

- Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next.
- Boys who witness domestic violence are *twice as likely* to abuse their own partners and children when they become adults.
- 30% to 60% of perpetrators of intimate partner violence also abuse children in the household.
- An estimated 1.3 million women are victims of physical assault by an intimate partner each year.
- 85% of domestic violence victims are women. Domestic Violence is not only a woman's issue. Men are also victimized.
- Females who are **20-24 years of age** are at the greatest risk of nonfatal intimate partner violence.
- Domestic violence is one of the most chronically underreported crimes.



Please remember that according to **AFI 40-301** "All active duty members and DoD civilian employees must report all incidents of suspected family maltreatment to the Family Advocacy Office." This means that if you are aware of domestic violence or child abuse, it must be reported.

If you are a victim of domestic violence, or know someone who is a victim of domestic violence, help is available. You may be eligible to make a restricted report. A restricted report is a report of Domestic Violence where only counseling/referral services are provided; an investigation is not initiated and command is not notified. (we cannot offer restricted reporting in cases involving visible injuries). For further information/education/services or to report an incident of domestic violence, please contact the Family Advocacy office at 634-3423.

Please join us on October 9th at 0630 at the Golf Course/Coyote Run Trail for a 5K Run/Walk and Free Pancake Breakfast in support of Domestic Violence Awareness Month!

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9th MDG Hours of Operation & Services

Family Practice,
Pediatric Clinic &
Physical Therapy Clinic :

M, W, F 0730-1630

T, Th 0830-1630

Laboratory, Diagnostic
Imaging:

M-F, 0730-1630

Pharmacy:

M-F, 0730-1700

Optometry Clinic:

M, W 0730-1630

T, Th 0830-1630

Friday 0730-1200

Active Duty Dental
Services

M-F, 0730-1630

Flight Medicine

M-F, 0730-4:30

AFTER HOURS CALL
911



A Message from the 9th Medical Support Squadron Commander

Contributed by Lt Col Roger Lynch

*H*appy Halloween to the Beale warriors, families, civilians and contractors! I'd like to introduce myself to the wing. I am Lt Col Roger Lynch, and I am the Medical Group's new Administrator and Medical Support Squadron Commander. My previous assignment as the Medical Group Administrator at Tyndall AFB, Florida, and my duties in USAFE as a Medical Logistician and Combatant Command Joint Medical Planner have all given me the executive tools to be an integral part of the MDG leadership team.



The Medical Support Squadron is comprised of the Med Group's ancillary and support services: in other words, the men and women of this squadron are the glue that holds the clinics of the MTF together. Like the other squadrons of the MDG, we are constantly pursuing ways to provide the best patient care and customer service possible. We recently completed an AFSO2I event to streamline our referral process in order to improve timeliness, accountability, and coordination with our community health partners. In addition, our pharmacy has invested in advanced equipment that has resulted in a perfect dispensing record, protecting the health of you and your family.

We do our part to educate our beneficiaries about all the options and services available to them. For example, many people drive all the way to our MTF to pick up medications, when they could get generic medications delivered directly to their home at no cost. If you would like to take advantage of this home delivery program, simply call 1-877-363-1303 (opt 2) or go to www.tricare.mil/homedelivery/.

We have many more plans in mind to keep supporting Team Beale, and I couldn't be happier to be a part of it. I consider it a great honor and opportunity to be stationed here in Northern California and am extremely excited about the opportunity to serve the Air Force and this wonderful community.

CHANGES TO TRICARE

Contributed by Mike Smith

*F*ollowing the recent announcement that United Healthcare Military & Veterans will replace TriWest Healthcare Alliance as the TRICARE West Region health care contractor, beneficiaries and health care providers have been asking how this change will affect them. One thing doesn't change: the TRICARE benefit. TRICARE remains committed to providing the best possible health care for the 9.7 million military members, retirees and their families that use the benefit.

Beneficiaries currently using the TRICARE civilian health care networks are expected to find that most TriWest providers will also have agreements with United Healthcare. If a provider change is needed, United Healthcare will work with beneficiaries to find the right provider to ensure continuity of their health care. United Healthcare shares TRICARE's commitment to provide superior service and health care to beneficiaries.

For details and the latest updates about the contract change, TRICARE Management Activity has created a website (www.tricare.mil/westtransition). By clicking the link at the top of that page, beneficiaries can sign up to receive email notifications as new information is posted to the TRICARE.mil website. Providers who visit the TRICARE website will be provided contact information for United Healthcare.

During the contract transition period, TriWest continues to serve as the West Region health care contractor until the transition to United Healthcare is complete beginning April 1, 2013. TRICARE's top priority is to ensure a smooth transition between United Healthcare and TriWest for service members, retirees and their families.

The West Region is the last of the three regions to complete the transition to the T-3 contract. In the T-3 contract, some beneficiaries who reside 100 miles or more from an MTF or a civilian network primary care manager may not be able to continue their enrollment in TRICARE Prime. When the transition is complete, these beneficiaries may get their health care using TRICARE Standard or Extra. Standard and Extra are flexible and affordable plans giving beneficiaries a greater choice of providers with no referrals, and a waiver of cost-shares for most preventive health care services.

There is also a continued commitment to provide solutions to the unique health care market in Alaska. United Healthcare is expanding its network in Alaska and is devoted to making sure that beneficiaries there are also well served.

More details will be available as the transition moves toward completion. All beneficiaries in the West Region will receive welcome packages with information from United Healthcare well ahead of the April 1, 2013 transition date.



OCTOBER IS BREAST CANCER AWARENESS MONTH

Contributed by Lisa Phillips

*E*very year the month of October incites awareness and remembrances of loved ones, who have been diagnosed, battled with or have passed away from breast cancer. Healthcare providers recognize the importance of breast cancer awareness and take opportunities during this special observance to reinforce and educate the community regarding key factors for early detection--self-breast exam, clinical breast exam and screening mammograms.

Breast cancer is a malignant tumor that starts in the cells of the breast. A malignant tumor is a group of cancer cells that can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. Excluding cancers of the skin, breast cancer is the most common cancer among women, accounting for nearly 1 in 3 cancers diagnosed in US women.

The disease occurs almost entirely in women, but men can get it, too (American Cancer Society, 2012). Men are generally at low risk for developing breast cancer; however, they should report any change in their breasts to a physician (Breastcancerawareness.com).

FACTS

- Every 2 minutes, there is a new breast cancer diagnosis.
- Every 14 minutes, a life is lost to the disease.
- Over 40,000 people will die this year; about 400 of them will be men.
- 85% of all diagnoses have no family history.
- 1 in 8 women will be diagnosed with breast cancer.
- Breast cancer is the leading cause of death in women between ages 40 and 55.



A Snapshot of Breast Cancer

Incidence and Mortality Rate Trends

In the United States, breast cancer is the most common non-skin cancer and the second leading cause of cancer-related death in women. Each year, a small number of men also are diagnosed with or die from breast cancer. Although the breast cancer diagnosis rate has increased, there has been a steady decline in the overall breast cancer death rate since the early 1990's (Breastcancerawareness.com).

During the month of October, please come visit us at the Beale Women's Health Clinic for gifts, drawings for special prizes, and a variety of information regarding breast cancer awareness and early detection.



9th Medical Group

Family Advocacy Classes

Parenting 101 - 3rd Wednesday of each month 9-12pm in the Clinic Conference Room

Breast feeding - 2nd Tuesday of every odd month 4-6pm at Family Advocacy.

Anger Awareness - Learn new techniques in decreasing your anger to a level where you are controlling your anger instead of your anger controlling you. This is a 6-week course, meeting 1-3pm Wednesdays. Call for dates.

Dads 101 - A class for new and expectant fathers, , 1-3pm . Main base chapel

PREP - Prevention & Relationship Enhancement Program. A class for couples to improve their relationship. Nov 8, 15, 22, 29, 2-4 pm

Magic 1-2-3 - A parenting class for children ages 2-12 years of age. Next Defense Connect On Line class scheduled for Dec 6, 13, 20 from 10am-11am.

Infant CPR class - Learn newborn care and Infant CPR techniques. Space is limited; call to sign up for the next class.

Active Parenting of Teens- Learn to prepare adolescents for responsible adulthood through sensible, effective parenting. Next class scheduled for Nov 6, 13, 20 from 2-4pm

Call Family Advocacy at 634-3423 to register or ask questions

Health and Wellness Center Upcoming Classes

TO SIGN UP, CALL 634-3500

Weight Loss - 1st Thursday, 8 - 9:30 am

Heart Health- 2nd Monday, 9-10:30 am
Learn how to improve your cholesterol/lipid levels by eating healthy foods along with dietary approaches to stop hypertension.

Pre Diabetes - 3rd Tuesday, 1-2pm
Learn healthy eating & lifestyle habits to delay or prevent getting diabetes.

Nutrition & Fitness - 2nd Monday, 1-2:30 pm. Learn the balance between performance nutrition and fitness for better health.

SMART Motivation - 3rd Friday, 8-9 am.
Put your plan into practice.

Nutrition Support Group- 1st and 3rd Thursday, 10 am. Provides time to answer questions and provides a supportive atmosphere to help members stay on track.

Tobacco Cessation- Contact Nancy Henry at 634-3500 or email

Nancy.Henry@Beale.af.mil

The Bod Pod - Measures Body Composition, call to sign up for this service.

Did you know Family Advocacy offers **counseling services**? If you are experiencing relationship issues, or need assistance with parenting, call 634-3423 to set up an appointment. Voluntary services are kept confidential and command is not notified. Short term and long term counseling services are available from a licensed therapist right here on base!

FAMILY ADVOCACY IS NOW OFFERING MAGIC 1-2-3 THROUGH THE DEFENSE CONNECT ON LINE PROGRAM

The Family Advocacy Program (FAP) proudly presents its first Magic 1-2-3 Webinar Parenting Class.

A Webinar is an online seminar, in which a moderator presents information to an audience, but all the participants "gather" virtually, each at his or her own computer, for an online meeting. It is our hope that this will address child care issues, financial difficulties and scheduling conflicts that many families experience.

FAP would like to invite all Beale AFB families to take advantage of this wonderful service.

Join us for a Magic 1-2-3 Webinar Parenting Class
December 6, 2012 at 10am from the comfort of your own home.

Please Contact FAP at 634-3423 to create a Defense Connect On Line account and sign up for the class

